

JULY MENU



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			B: Banana/Oatmeal L: Chicken and Veggie Stir Fry over WG Brown Rice Crushed Pineapple S: Local Veggie /Milk	B: Peaches/WG Cheerios L: CN Beef Riblet on WG Bun Mixed Vegetables Watermelon S: Build a Berry Parfait
5	6	7	8	9
	B: Mix Fruit & Yogurt L: BBQ Ground Turkey on WG Bun Peas Applesauce S: Pears/Milk	B: Apple Slices/WG Cheerios L: WG Enchilada Bake Corn Fruit Cocktail Carrot Sticks / S: String Cheese	B: Banana/WG Chex L: Chicken Drumsticks Butter Beans Acorn Squash WG Bread S: Local Veggie /Milk	B: Orange & WG Toast L: Scrambled Eggs Hash brown Patty Cantaloupe w/ Carrot Muffin S: Apple Slices/Milk
12	13	14	15	16
B: Apple, WG Toast L: Beef Fajitas on WG Tortilla Refried Beans Apricots Colored Carrots with Green Tops & Milk S:	B: Orange/CN Egg Patty L: CN Pizza Burger on WG Bun Green Beans Corn S: WG Breadstick/Marinara	B: Pears/WG Cheerios L: Pineapple Chicken over WG Rice Mixed Vegetables S: Apple Slices/Yogurt	B: Banana/WG Oatmeal L: WG CN Cheese Pizza Cheesy Broccoli Watermelon S: Local Veggie /Milk	B: Strawberries/Yogurt L: Tuna Salad on WG Bread Peas Peaches WG Chips/Salsa + S: Milk
19	20	21	22	23
B: Mandarin Orange/Turkey Sausage L: Chicken Salad on WG Bread Carrots Apple Slices S: Pears/Yogurt	B: Peaches/WG Oatmeal L: CN Meatloaf Mashed Potatoes Peas WG Bread S: Hummus/WG Pita	B: Orange/wg Blueberry Muffin L: Chicken Tacos on WG Tortilla Refried Beans Mangos S: Applesauce/Grahams	B: Banana/WG Toast L: Sloppy Joes on WG Roll Coleslaw Baked Beans S: Local Veggie /Milk	B: Apple/WG Cheerios L: WG Mac & Cheese Stewed Greens Fruit Cocktail Salad S: Cantaloupe/Milk
26	27	28	29	30
B: Apple/WG Cheerios L: CN Hamburger Patty Stewed Tomatoes Green Beans WG Rice S: Peaches/Yogurt	B: Orange/WG Toast L: CN Grilled Italian Chicken on WG Bun Carrot Sticks Blueberries S: Mix Fruit/Milk	B: Pears/WG Oatmeal L: WG Rock & Roll Beef Wraps Peaches Cottage Cheese S: WG Breadstick/Marinara	B: Banana/CN Turkey Sausage L: WG Chicken Alfredo Tossed Salad Apricots S: Local Veggie /Milk	B: Mixed Fruit/Yogurt L: WG CN Maxi Stick Marinara Sauce Carrot Sticks Watermelon S: Cucumbers/WG Chips

Menu subject to change. WG= Whole Grain. **Local Item** Substitutions may provided for Early Head Start due to choking hazard.

Milk served daily with breakfast & lunch. Whole milk for children 12-24 months old, low-fat milk to children 2+, water available all day.

Menus developed following USDA CACFP menu planning guidelines. "This institution is an equal opportunity provider"